



The Responsible Travellers

www.theresponsibletravellers.com

Classic Himalaya: Everest Base Camp Trek Trip Notes



Highlights:

- Sightseeing at UNESCO sites in Ktm valley
- 13 nights teahouse trek
- 3 Nights B&B Hotel
- Average daily walking 5-7 hours
- Everest Base Camp
- Viewing Peaks: Kala Patthar & Nangershang
- Mountain Flight KTM - Lukla

Grade C 17days

This trek is graded "C" as it includes:

- Sleeping and walking at high altitude
- Trekking over glacial moraine
- Well defined trails when on main paths
- Sustained climbs
- Maximum Altitude 5545m

Introduction

A journey to Everest is something many of us see as a lifetime goal. This trip allows you to fulfil that dream by trekking to the Base Camp of Everest on an imaginative itinerary that allows you to explore the Chukung Valley whilst acclimatising en route to the famous Everest Base Camp and viewing peak of Kala Patthar. You will be surrounded by the giants of the Himalaya and experience something of the mystical spirit of this Buddhist region. Sherpa culture, mountain flora and fauna, the Khumbu Icefall, and soaring peaks will all contribute to a trip full of cherished memories.

This mountain lodge trek is one of the best ways of exploring the Everest region. Leaving Lukla we follow the Dudh Kosi River up to Namche with some spectacular bridges along the way. The stunning scenes from the view point here rivals to no other place in the world. The trail then carries on following the Imja River up to Tengboche with the monastery situated majestically on the ridge above the valley and humbly looking up to its deity, Mt Everest or originally known as Chomolungma - the mother goddess of the world. Traditionally, climbers stop here to be blessed by the monastery abode for success on Everest. Two days at Dingboche exploring the Chukung Valley and an optional climb of Nangershang peak will help us to acclimatise and prepare for our onward trek to Base Camp and Kala Patthar.

In Kathmandu you will have a chance to see protected UNESCO sites, experience the hustle and bustle of the medieval type markets and most of all enjoy the hospitality of the wonderful Nepali people..

Detailed Itinerary

Day 1: Arrival in Kathmandu

Arrive in Kathmandu (5hrs 45mins ahead of GMT winter time, 4 hrs 45 mins ahead of GMT in the summer). Transfer to the hotel from the airport. Evening will be spent settling in and relaxing in the hotel, group dinner will be arranged in a restaurant in the evening. Accommodation: City Hotel Bed & Breakfast

Day 2: Kathmandu Sightseeing

This morning there will be a full trip briefing by the leader. Today then incorporates a guided sightseeing tour of two of Kathmandu's major sights. Our first destination is the country's most important Hindu temple- Pashupatinath. The temple is situated on the banks of the Bagmati River in the outskirts of the city. The cobbled streets are bustling with ladies selling flowers, incense and other offerings, and colourful Sadhus (holy men) roaming the surrounds of the temple. Pashupati, lord of the animals and a manifestation of Shiva is believed to still roam the forests in the form of a deer. The temple dating back to many hundreds of years makes it one of the most important Shiva locations across the Indian sub continent. As well as a place of worship, it is also the most important cremation site for the Hindus in Nepal. Our second visit takes us to Boudha - a Buddhist monument and the largest of its kind. As you wander round the shops surrounding the stupa, you will find yourself mingling with monks in their maroon and saffron robes, and traditionally dressed Tibetan refugees who live here – the religious center for Himalayan Buddhists in Kathmandu. You can join the locals to circumambulate the stupa, bargain for artifacts in the shops or sit on a rooftop restaurant and absorb the atmosphere. Accommodation: City Hotel Bed & Breakfast



Day 3: Kathmandu to Phakding

We make an early departure from the Hotel to Kathmandu Airport for the internal flight to Lukla. Treading out on the runway tarmac you will be taking your first steps towards Everest. Weather dependant you should enjoy spectacular mountain views all the way to Lukla. The 40 minute flight is an experience in itself taking you over the foothills and terraces to the awe inspiring runway landing at the mountain airstrip. Here we commence our trip in to Base Camp. Today's trek is a relatively short and beautiful walk through small Sherpa villages up the Dudh Kosi valley to Phakding. Walking time 3 ½ hrs , Final Altitude: 2600m , Accommodation: Mountain Lodge

Day 4: Phakding to Namche Bazaar

This morning we continue up the Dudh Kosi River with some spectacular bridges crossing and re-crossing the river several times before making a final steep climb up to Namche. We should have a good view of Mt Thamserku in the morning and if the weather stays clear then maybe your first glimpse of Everest along the trail after lunch. Namche is situated spectacularly in a cwm on the mountainside and is an important trading post and the main Sherpa town in upper Khumbu.



There is a market where people from all over the valley come to buy or sell their goods. Namche also has a post office, bank, international telephone service, internet cafes, bakeries and lots of shops.

Walking Time: 6 – 7 hrs,
Final Altitude: 3440m
Accommodation: Mountain Lodge

Day 5: Namche Bazaar

Acclimatising day:
Today is an interesting day with the opportunity to see a bit of the culture and get an understanding of the Sherpa people. After breakfast, we climb up to the fantastic view point behind the army barracks. Nearby is the National Museum and the Sherpa Culture Museum which we can visit.

These have interesting displays such as a typical sherpa house and artefacts, photo gallery and news paper clippings from Everest expeditions. We will then skirt around the upper periphery of Namche and climb up to Shyangboche airstrip to Everest View Hotel. We can stop here for a drink before continuing on with our walk to visit the 2 very beautiful villages of Khumjung and Kunde. In the course of the walk we will visit Edmund Hillary's Himalayan Trust school & hospital and the Khumjung Monastery that houses the Yeti's scalp as one of its most treasured artefacts of the local community. We will then make our way over the ridge and back to Namche. If you don't feel up for the whole walk, then there is the option to drop out at different stages of the walk and be escorted back to Namche by one of the Sherpa Guides.

Walking Time: 8 hrs , Final Altitude: 3440m, Accommodation: Mountain Lodge

Day 6: Namche Bazaar to Tengboche

This morning begins with a very scenic walk. We climb out of Namche first thing in the morning and then the trail contours high above the Dudh Kosi River for 2 hours to Kyanjuma with continuous view of the mountains. The trail splits just after the lodges here. We take the more obvious lower trail and descend down to the bridge over the Dudh Koshi at a small village called Phungi Tenga. From here we ascend, initially steeply zigzagging through the forest, then steadily up to Tengboche on the ridge. There is the chance to visit the monastery and the Eco-centre in the afternoon with time remaining for an acclimatising walk up the ridge for the energetic! The view of the Everest massif and Ama Dablam should be fantastic. Kangtega (saddle mountain) and Thamserkhu towers over Tengboche and looking back you can see the peaks of Kwongde, Numbur, and Phachermo. You are now amongst the highest peaks in the world. There should be a good



opportunity to spot some wildlife today, the Himalayan Tahr, Himalayan Monal and Musk Deer are residents that can be sighted if you are on the lookout. Walking Time: 5 ½ hrs, Final Altitude: 3860m, Accommodation: Mountain Lodge

Day 7: Tengboche to Dingboche

Leaving the meadow of Tengboche we drop down a while and walk through the forest of Rhododendron, Birch and Fir until we cross the bridge over the Imja River and climb up to Pangboche. Whilst walking this trail we shall have a continual view of Ama Dablam. The trail then follows the river up to Shomare. Then at Orsho the valley opens to become wider, and the trail splits at the junction of the Imja, Chukung and Khumbu valleys. We take the lower to cross the river and climb up to Dingboche. Although Everest has disappeared behind the Nuptse ridge, the wall of Nuptse and Lhotse is overwhelming, and Ama Dablam continues to dominate the landscape. In clear conditions, sunset on the mountains is absolutely beautiful.

Walking Time: 5 ½ hrs, Final Altitude: 4300m
Accommodation: Mountain Lodge



Day 8: Dingboche Acclimatising

Dingboche is a patchwork of small fields enclosed by stonewalls which help to keep the cattle away from the crops. In the past and even to this day, it is mainly inhabited during the monsoon to farm and graze the yaks on the surrounding slopes of the mountains. Today can be a lay day for anyone requiring a rest. An optional walk up the Chukung Valley is an extremely worthwhile day trip. The views are fantastic with Nuptse and Lhotse skirting the whole of the north side of the valley, Island Peak is at the head of the valley and the beautifully fluted ridge of Kang Lhemu stretches all the way to Ama Dablam to the south. Looking back are the peaks of Taoche and Cholatse leaning over Dingboche as though about to topple over. This day has a gentle incline and is an enjoyable exploration of one of the most beautiful Khumbu valleys.

Walking Time: 5 hrs, Final Altitude: 4300m, Accommodation: Mountain Lodge

Day 9: Dingboche Acclimatising

Today there are three options. The first option is a climb of the nearby peak Nangarshang (5000m), which allows amazing views of the mountains including Makalu, the fifth highest in the world that cannot be seen from the valley floor. This option is only available to those acclimatising well. The second option is to sit and enjoy the sunroom and have a rest day allowing your body to conserve energy & acclimatise. The third is to do the valley walk of day 8 if you decided to take a rest the previous day. You are advised to take the advice from the Leader when deciding on your choice.

It is important to adhere to the guidelines of walking at altitude ensuring sufficient rest periods and adequate fluid intake. Volunteer doctors from HRA clinic in nearby Pheriche hold altitude talks daily and it is interesting and educating to be able to attend one.

Walking Time: 6 hrs (for the first option)
Final Altitude: 4300m
Accommodation: Mountain Lodge



Day 10: Dingboche to Loboche

After three nights at Dingboche we leave to ascend the Khumbu valley towards Everest. This morning we climb on to the small ridge behind Dingboche and then a steady and gentle climb takes us up to Thugla. A steeper climb from here takes us to the top of the memorial ridge, the highest graveyard in the world. We are now along side the lateral moraine of the Khumbu Glacier. Here, scattered all over are 'chortens' or memorials of people who have died on Everest. Amongst them is one of Scot Fischer, who died in the Tragedy of '96, and Babu Chiri Sherpa, arguably the greatest Everest climber of all time. Loboche is about an hour from here with views of the extremity of the Khumbu Valley – an amphitheatre surrounded by Pumori, Lingtren, Khumbutse, Changtse, Lhola and Nuptse.

Walking Time: 5 hrs, Final Altitude: 4900 m, Accommodation: Mountain Lodge

Day 11: Base Camp

Today we start very early to allow for the trip to Base Camp. A good hearty breakfast is recommended, and it is important to pack some food, energy bars and enough water for the trip.

The trail runs parallel with the lateral moraine of the Khumbu glacier until we climb onto a moraine at the Changri Nup Glacier. It then undulates as we cross the glacier over rocky paths until we descend to Gorakshep. It is 3 hrs to Gorakshep.

Leaving Gorakshep there is a sandy beach and lake where we pass further memorials and follow the trail on the lateral moraine. The trail undulates all the way until we drop down and climb onto the glacier. A further ½ hr will bring us to the area known as Base Camp at the bottom of the Ice Fall. During the climbing season in April and May the area lives up to the name "Base Camp", so if you travel at this time, you should experience the true expedition fever with Sherpas setting up the camps. Looking up, is the ice fall, a massive tumble of ice that gets ones imagination soaring in awe. After exploring the Base Camp we retrace our way back to lodge at Gorakshep.

Walking Time: 9hrs

Final Altitude: 5180m

Accommodation: Mountain Lodge



Day 12: Gorekshep to Periche

After a quick breakfast, we start early to climb the viewing peak Kala Patthar to see sunrise over Everest. The ascent is steep, so it is important to take it slow and maintain a steady pace. It takes up to 2 ½ hours to reach the summit which is a rocky outcrop of the hill at 5600m, the highest point on the trek, and the best vantage point to view Everest. This is what you have come for, the view from here is outstanding, with 360 degree panorama of the mountains stretching from the left – Pumori, Lingtren, Khumbutse, Changtse, Everest standing out amongst all, Nuptse, and in the distance Ama Dablam seen in almost the shape of the Matterhorn, Taoche, Cholatse, Lobuche and Changri. The area of Everest Base Camp can be seen amongst the ice pinnacles at the bottom of the Khumbu Icefall some 200m below. If at this point you feel somewhat emotional, you don't have to be embarrassed, I have seen lots of people do it! We return by the same route down to Gorakshep for a "pit stop" and then down the valley to Periche. Tonight you should sleep well, benefiting from a significant altitude descent.

Walking Time: 8 ½ -9hrs

Final Altitude: 4200m

Accommodation: Mountain Lodge

Day 13 – 15: Periche to Lukla

These last three days are spent trekking back to Lukla. Leaving Pheriche we follow the trail back through Pangboche and Tengboche to Kyengjuma where we will be staying with a retired climbing sherpa who is a member of the Summiters Club of Everest. The next morning is a short walk to Namche. There is the chance to visit the Sherpa Culture Museum if you missed it on the way up, alternatively the rest of the morning can be spent shopping in the Sherpa capital. We then carry on down after lunch to Munjo. The next evening at the Panorama lodge in Lukla will be our last with the staff crew, time to celebrate and say farewell.

Accommodation: Mountain Lodge



Day 16: Lukla to Kathmandu

We take a morning flight back to Kathmandu with the sensational take off from the mountain airstrip. You will arrive at the hotel to enjoy the luxury of a hot shower and a change of fresh clothes! The rest of the day is free to either relax at the hotel, do extra sightseeing or shop for souvenirs and Nepalese handicrafts.

Accommodation: City Hotel Bed & Breakfast

Day 17: Departure;

Today the trip concludes in Kathmandu. You will be given complimentary airport transfers for your departure flight..



Recommended Extensions

We suggest the following extensions which can be added to the end of this itinerary:

- i) 2 days chitwan Safari
- ii) 2 day Spa Resort

Independent & Bespoke Group Trips

This trip can be tailor made for either an independent trek or for your own group.

You can select any departure date and adjust the itinerary if necessary to suit your needs.

please contact us at:

info@theresponsibletravellers.com

To book e-mail: info@theresponsibletravellers.com

Additional Information

What's included in your holiday?

- ✓ Carbon Balancing of international flights
- ✓ Professional Group Leader
- ✓ Mountain Flight KTM – Lukla return
- ✓ 3 nights hotel B&B accommodation
- ✓ 13 nights teahouse accommodation
- ✓ 1 days guided sightseeing, transport and entrance fees in and around Ktm as specified in the itinerary
- ✓ All transportation included in the itinerary
- ✓ Porterage and guides fees
- ✓ National Park Entrance fees & permits
- ✓ 100% profits donated to charity

What's not included:

- ❖ International flights & airport taxes
- ❖ All Meals not included in the itinerary
- ❖ Incidental extra personal expenses
- ❖ Nepal Tourist Entry Visa
- ❖ Single persons supplement
- ❖ Additional sightseeing not specified in the itinerary
- ❖ Travel Insurance
- ❖ Staff tips

Travelling alone.....and don't want to pay a single supplement? No problem, you will be paired up with someone of the same gender to share a room. If you would prefer the privacy of a single occupancy the Single Supplement for this trip is £85. Please note that single rooms in the mountain lodges will be dependant on availability and **can not** be guaranteed. We will do our utmost to meet your needs.

Thought of Funding raising for charity?

- You may choose to take this opportunity to raise sponsorship for one of our affiliated charities. If you wish to do so please contact us at: info@theresponsibletravellers.com and we will forward details to you.

First class staff & service levels

We are a highly credible tour operating organisation specialising in the Himalayan countries. All our staff are specially selected based on their experience, expertise and qualifications. We pride ourselves on a highly personalised airport to airport service with quality of care. The trip Leader will be an experienced professional leader working full time in the Himalayas & Central Asia with many years of experience. He/she will have full mountain wilderness & first aid qualifications and will have received training from either Himalayan Mountaineering Institute, Nepal Mountaineering Association or one of the European Alpine Clubs. As a responsible employer we pride ourselves on hiring local staff and paying wages higher than most organisations. If you want to read more about our employment policy please go to: www.theresponsibletravellers.com/our-ethics/employment-policy.html

Further Information:

If you have any queries regarding this trip, whether it is about preparation, the itinerary or general travel information please do not hesitate to contact us. If this trip is not for you perhaps you would like to contact us for details of alternative trips. All our trips and additional extensions can be viewed online at: www.theresponsibletravellers.com or write to us at info@theresponsibletravellers.com.

Administration & Practicalities

Insurance: It is compulsory to take full holiday insurance which covers trekking to the maximum altitude of your trek/trip, and also covers full rescue and repatriation costs. You will need to provide a copy of your insurance details, including an emergency 24 hour telephone number to the trek leader before departing Leh. This should include any correspondence stating clarification of the required cover. If your policy documents are not available or prove to provide insufficient cover you may not be able to continue your trip. Please ensure that your policy also covers any extra activity outside of the stated itinerary you wish to do if you are extending your trip.

Passport: Passports need to be valid for a minimum period of 6 months from the date of visa application if you are applying in the UK and from the date of entry into Nepal.

Visa Details: Visas are available in advance from the Nepal Embassy online at:

<http://www.nepembassy.org.uk/visa-information.html>

You can also have the visa processed at Kathmandu airport. If you intend to wait until your arrival at the airport please remember to bring two passport photos and US\$40 dollars in cash (N.B US dollars - is the only accepted payment).

Money: The local currency is Nepali Rupees (approx exchange rate 120 NRS - £1 – subject to daily fluctuation) Please note this can not be purchased in the UK. It is advised to take either sterling or US Dollars. Traveller's cheques and cash can be exchanged for local currency in Kathmandu. Credit cards are not generally accepted. In Kathmandu there are ATMs available to access cash via Cirrus / MasterCard / Visa cards.

Flight Information: This trip is land only and operates Ktm to Ktm. Please contact us if you want advice about flight options and how to purchase.

Health: It is important you are prepared & fit and healthy for your trek. We strongly recommend you visit your local GP and ask advice regarding any vaccinations required.

Itinerary: All that is possible will be done to ensure the trip follows the outlined itinerary. However, due to factors beyond our control such as local weather, politics and airlines it may be necessary to vary one or more of the days. If this does occur we shall do our utmost to ensure minimal impact to you.

What to expect

Weather

October to April is the dry season. During this time you should have warm days with temperatures between 15 - 25 degrees Celsius depending on altitude with relatively clear skies and little precipitation. During the winter months temperatures may reduce to -15 degrees Celsius during night-time at higher altitudes.

Group Size

Due to the remote locations that are visited, we remain sympathetic to the local culture and environment by limiting our trips to a maximum of 12 places. This may be slightly smaller than other operators, and we believe it ensures the maximum enjoyment and fulfilment of our trip members and minimize the pressures on the environment. This also avoids the feeling of "herding" from being part of a large group. There is a minimum of 6 to operate the trek.

Wildlife

The Everest region is home to the Himalayan Tahr and Musk deer. There are also high Yak pastures a favourite prey of the elusive snow leopard. You are likely to get sightings of the Himalayan birds of prey such as Griffin vultures and lammergeiers. If you travel in the autumn the landscape is a myriad of colours and in spring the Rhododendrons Magnolia are in blossom.

Baggage:

You should use a Rucksack or Kit bag that is strong enough to withstand the rigors of transportation in the mountains. Suitcases or rigid bags can not be used as these are a difficult and awkward load for porters. The weight limit for your trek bag is 12.5kg. The limitation for luggage on the internal flight is 15kg for the hold and 10kg for hand luggage. Please see your airline for details of your international flight luggage allowances.

More about us & Our Ethics.....

Here at **The Responsible Travellers** we take great pride in the fact that we are **doing the right thing** by you our customers, by our staff, and by the people, country and environment in which we operate.

We believe actions speak louder than words, over the next few pages you can read how our ethics are put into practice.



Our Guarantee:

100% of profits are donated to Charitable Projects

- ✓ We pay the cost to Carbon Balance your international flight to the Himalayas
- ✓ Through a committed Environmental Policy we work to ensure minimal impact of our activities
- ✓ We have a simple and fair Pricing Policy with no extra fees charges – price us up against other companies!
- ✓ Have a fair and ethical Employment Policy which is committed to employing local staff and paying fair wages

Are you ready for a change in the way you approach your holiday?

Before you go.... we start to take responsibility for your trip by carbon balancing your flights.



The impact on climate change from the way in which we live today is a topic we have all heard about, and is under much debate from the world's scientific community. This is something that we can not and should not ignore. This is why when you go on holiday with "The Responsible Travellers", we commit as part of our Responsible Tourism policy to ensure your trip contributes towards renewable energy technologies in the Himalayas. Given the great "green debate", we have chosen to implement this policy in a way that ensures we know we are making a difference. For every traveller to the Himalayas we donate twice the amount it costs to purchase commercial carbon credits** to either Nepal's Renewable Energy support programme BSP. Or Ladakh's Ecological Development Society depending on your destination. Travel with peace of mind with **The Responsible Travellers**

Whilst you are there.... Our Employment and environmental policies demonstrate our continued sense of responsibility. Firstly, our belief in aid through trade and therefore the generation of local employment and how this is managed is at the very heart of our operation. This is why we have a 100% commitment to employing only local staff. Our customers benefit from this by being able to get closer to the culture and learn more from the experience in the Himalayas, travelling with those who are born and bred in the area. By employing this policy we are also ensuring that the local economy benefits as much as possible rather than commercial organisations. We take great pride in ensuring fair wages to all our local staff and protecting our porters from exploitation. Secondly, our environmental policy addresses waste management, water usage, and encourages and supports the use of renewable resources. In addition, we work closely with the Nepal Sustainable Tourism Development Unit and WWF to ensure the strongest commitment to the local environment. Read more at: www.theresponsibletravellers/ethics.html



The choice is easy when you are...

After you've gone..... The Responsible Travellers donates all profits from its travel operations to charitable projects in Nepal. We believe the most effective way to invest is with the help of specialist organisations. We work with our partners to find suitable projects and locations to invest and then all the funds go directly to the local project. Our partner charities and areas of investment include:



Education

We believe all development starts with educating the people. We support community education programmes, child support programmes, and interest free loans for adult education through our beneficiary charity CHANCE Registered UK charity. 1107201..



Community Development

We help communities to provide themselves with improved facilities and encourage this to be done in an environmentally friendly way. Our volunteer programs allow visitors to experience this first hand when they opt for a family home stay and participate in the community project holidays.



Re-Forestation & Renewable Resources

Our third area of work involves working with BSP – the national biogas organisation in Nepal. The WWF estimate that only 29% of the original forest covers in Nepal still remains. Between 1990 and 2005, Nepal lost 1.2 million hectares of forest We work with BSP Nepal in order to help the communities develop Biogas – a renewable energy resource which provides clean fuel, stops deforestation, and offers far reaching health and sanitation benefits.



*To see more details of our charitable giving please go online to:
<http://www.theresponsibletravellers.com/ethics/projects.html>*

Our commitment to **Doing the Right Thing** extends from investing in local charitable projects, to making sure that our customers also get a good deal.

To help you have a hassle free holiday, we provide a fair and simple **pricing policy**:

- ✓ We charge a fair price: to make sure the holiday is as satisfying as possible; we charge what we believe is a fair price, not what we can get away with – compare us to other companies!
- ✓ No extra land charges or hidden fees: To keep life simple we make a single charge
- ✓ No profiteering from single supplements: we charge a fair price based on cost & do not charge excessive premiums for single supplements
- ✓ No nagging for donations: We do not request charitable donations from you in order to justify our responsible tourism policy. We work hard on your behalf so you can just concentrate on having a great time!

....Doing the right thing